

## SOCCER PROTOCOL

General	All athletes, coaches, and Local Committees members must follow municipal and provincial mandates for all facilities. Where there is a discrepancy between the facility and SOBC protocols, follow the directive with a higher level of protection and safety for your context.
General	All members of the group must practice physical distancing – 3 metres at all times.
General	No loitering in venue or parking lots before/after practice. Following practice, exit the training venue as promptly as possible and avoid excess socializing in the lobby and/or parking lot after your practice.
General	Practice proper hygiene – sanitize hands before, during, and after practice, and do not touch your face. Participants must wash their hands or use hand sanitizer prior to entering the program area, and after any trips to the washroom.
General	Where permitted or able, doors and windows must be left open to allow adequate air flow. Ventilation systems – if in place – must be on for the duration of the practice.
General	Ensure there are designated individual spaces for athletes to drop their bags, water bottles, etc. so they do not mix together.
Local Expectation	<p><b>Maximum group numbers per program in Level 1:</b></p> <p>OUTDOOR – Must have a ratio of 1 coach to up to 4 athletes, up to a maximum of 10 people in a training group. One of these 10 individuals needs to take on the Program Safety Volunteer role.</p> <p>INDOOR – If one or more athletes is 22 years of age or older, there can be a maximum of 1 athlete for a total group size of 2. If all athletes are under the age of 22, must have a ratio of 1 coach to up to 3 athletes, up to a maximum of 12 people in a training group. One of these individuals needs to take on the Program Safety Volunteer role.</p> <p>The program must be able to give each participant their own 6x6-metre area to ensure space for physical distancing. If there is a discrepancy between the facility’s maximum group size and SOBC’s requirements, the smaller of the two group sizes must be the required cap for that program.</p>
Coach	No crossover between training groups once the season starts. Coaches must only train the group of athletes they have been assigned to, no substitutions. If a coach is sick or unwell and the coach ratios cannot be maintained, they will need to inform the athletes that particular practice has been cancelled.
Coach	Inquire about facility protocols prior to practice and be familiar with procedures. Ensure athletes are aware of these protocols and everyone follows them.
Coach	Ensure athletes have a designated personal space (6 x 6 metres) to do warm-up, stretching, individual skills work, etc. Use tape, chalk, floor

	markers, hula hoops, cones, or other equipment to help create a physical space for each individual athlete.
Athletes	Arrive ready to begin practice right away – i.e. put on practice wear before arriving, bring a pre-filled water bottle, etc.
Equipment	All participants are to use their own equipment or be assigned program equipment (e.g. soccer ball) to use for the entire duration of practice. All program equipment must be sanitized after every practice before storing.
Equipment	No team benches will be utilized at this time.
Equipment	General program equipment (such as cones) must only be handled by coaches/volunteers.
Sport-Specific	Consider focusing on skills as outlined in <a href="#">Basic Sport Skills: Soccer</a> .
Sport-Specific	Athletes may pair up with another athlete or coach to do passing drills. 3 metres must be maintained while doing so and any contact with the ball must be done with feet only. The same partners must be used for the duration of a practice.
Sport-Specific	If multiple nets are available for use, spread athletes out among them to allow for increased physical distancing (i.e. 2 athletes per net). If partnered, maintain those same pairings for the duration of practice.
Sport-Specific	Use tape, chalk, floor markers, hula hoops, cones, or other equipment to help create line-ups with appropriate physical distancing for use of nets.